

HEALING BEYOND CANCER

Integrating Ancient Wisdom with Modern Insights



Healing Beyond Cancer

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By

Jaouad Yakhlef

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∞ Introduction ∞

Dear reader,

Have you ever woken up feeling something was just off? Back in 2021, I did. It started with a dull ache in my right groin and sharp back pain that greeted me every morning. I tried to ignore it, brushing it off as a minor injury or inflammation that would eventually disappear. However, as the year went by, my scrotum and right groin started swelling. My right testicle grew larger, though it was not painful. It was alarming enough to make me consult the infamous Dr. Google or the ~~sales agents of the pharmaceutical industry~~ doctors. Among the many possibilities, one word stood out clearly: **cancer**.

Despite this, I clung to denial, hoping the issue would resolve itself. Months passed without improvement, and I finally caved in and went to see a ~~drug dealer~~ doctor—something I had avoided for years despite my long-standing interest in health and wellness. The diagnosis was unambiguous: cancer. At 33, hearing those words left me stunned and scared.

Telling my family, friends, and colleagues was a daunting task, but their outpouring of support and love was overwhelming and heartwarming. Once the initial shock wore off, I realized it was time to take control and transform my life—not just to survive, but to truly live.

Nevertheless, the cancer began spreading to other areas of my body. Several parts started to swell, but I persevered. After more than 2 years of dedication, hard work, and placing my faith in Allāh, I was finally cured. Not only that, I was in the best shape of my life.

Over the years, people have sought my advice on health matters, and while I always tried to help, I felt it was time to put my thoughts into a more organized form. This e-book is my attempt to do just that, offering a structured way to share my journey and insights.

You will notice my writing is intertwined with humor, sarcasm, and metaphors—that is just who I am. As a devout Muslim, some parts of my story might be

specific to my faith, but I have included footnotes to explain everything clearly for all readers.

This booklet is about more than just my experience with cancer. It is about seeing adversity as a catalyst for growth and positive change. Cancer is not the end—it is a new beginning. Fear is natural, but it is also the doorway to hope, strength, and triumph.

While cancer was the motivation for writing this e-book, its content is actually much broader. In this e-book, I aim to establish foundational principles that can be applied comprehensively. However, I do not claim this publication to be exhaustive. Nonetheless, I have endeavored to fill this booklet with a wealth of valuable information and insights.

I hope this booklet brings comfort, inspiration, and practical advice to anyone who needs it. My journey is one of resilience and transformation, and I want to share it with you, in the hope that it might make a difference.

I thank Allāh for giving me the strength and guidance to navigate this journey. Additionally, my heartfelt thanks go to my family for their unwavering support, Shaykh Abū ‘Iyāḍ Amjad Rafīq for his invaluable aid and advice, and Sulaymān Qāṣimī for his coaching and dietary plans.

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Tangier, Morocco

Sunday 22 *Sha‘bān* 1445H – 3 March 2024

Chapter 1: Laying the groundwork

The 'what', 'why', and 'how' are critical if we are ever going to understand how to support the body, how to bring someone out of a state of disease, how to address named conditions, labels, and diagnoses, and actually how to support deeper healing. This understanding is crucial to connect the dots so to speak, even for people who believe they are taking a more holistic or natural approach to healing. Most practitioners and patients completely overlook this aspect or fail to grasp it because we are all, to varying degrees, heavily influenced by the allopathic model and the so-called Rockefeller Medicine. It is like trying to put the cart before the horse.

Since we are conditioned in this manner, we often overlook the need to first understand what something is, why it occurs in our bodies, and only then can we begin to comprehend how to address it. Essentially, we must understand the nature of an issue, its cause, and then we can consider how to support healing on a deeper level. It is also important to consider how to avoid hindering healing, which is unfortunately what most people do – they further burden the body, block its natural processes, and merely suppress symptoms. This is why most treatments resemble shooting in the dark.

So how do we really address that? Many people try out several things, and then they say, *'I do not know what happened, what I did did not work well.'* It did not work because you did not grasp the issue from the get-go, from the outset, from square one. That is why it did not work. You would want to know why this is happening so you can prevent it from happening in the future, so you can understand if you are inadvertently contributing to the problem.

In conventional medicine, if you search for any disease or condition online, they will openly say something like, *“Well, we don't know what causes this disease in most cases; we don't know what causes cancer in most cases; we don't know what really is causing this other condition.”* They will blame it on genetics (even though the majority of the people within your family will not get it), ‘bad luck’, microbes and germs (even though they are everywhere and in everyone), ethnicity, age; just

whatever they can come up with to justify their diagnoses and the drugs and treatments that come with it like a bag of candy. That is so backwards and illogical; it should not be done in this way. This is why drugs and treatments continue to fail miserably, and why there are new ones and new trials and so forth. It is a classic case of *taking the bitter pill* - you endure the hardships for the hope of a cure.

In the case of cancer, they will suggest cutting the tumor out. However, if we just cut it out, what is going to stop the environment/terrain within us from growing another tumor? They will start cutting your organs out that are supposedly affected by cancer because, who needs them, right? On the other hand, they burn it off in the case of skin cancer, or they chemo it, radiate it, and poison it, which leads to poisoning your entire body. This is why your hair falls out, why you lose your appetite, why you cannot even walk at one point, why you become bedridden, why you have to stop working (which creates additional stress as the bills are piling up), and this is why you feel terrible. Despite all of these serious ~~side-~~ *direct-effects*, they will tell you that this is the best method they can offer and to ignore those lunatics out there who caution you to tread on this path, because hey, what do they know? They are not licensed medical doctors, are they? Unlike them, the so-called medical professionals...

Instead of seeing cancer as a scary enemy, let us view it as the body's way of protecting us when things go wrong. It is like a last-resort defense mechanism.

Imagine our body as a smart security system. When it senses harmful stuff like toxins or waste, it tries to contain them and eventually eliminate them from the body. Sometimes, it forms tumors or cysts to keep these things from spreading.

Nevertheless, here is the good news: we can help our bodies to bring it back to *homeostasis*. By cleaning up our *internal* environment/terrain and supporting our natural healing processes, we can give ourselves a better chance at recovery.

Forget about giving up. As long as we are breathing, there is hope. We are in control of our health (to a certain degree). Even small steps forward can benefit us, as long we believe in our body's ability to heal, *Bi idhni 'llāh*.

It is not about being too late. It is about taking charge and making *positive* changes. If you are truly committed to understand how the body works, you can

then start to see it in a natural view, in a more holistic bird's-eye view, of what cancer specifically is, and diseases in general. So, how do we support the body to move toxins and waste out more effectively? How do we support the body's response to poison and toxicity? Well, that is where detoxification comes in. That is where cleaning up your liver comes in. That is where understanding drainage via the lymphatic system comes in. That is where understanding where the inflammation resides is actually helpful, rather than trying to suppress it, comes in. That is where understanding where drugs and treatments actually make that worse long-term, comes in.

Our body communicates with us using various signals. Just as a traffic light uses different colors to convey messages, our body uses pain, tiredness, and sleepiness as signals. It is like a language where pain is a sharp word, tiredness is a whisper, and sleepiness is a gentle nudge.

Similarly, lumps and tumors are like roadblocks or detours that indicate something may be obstructing our path. Coughs and fevers are like sirens or alarms, warning us of potential dangers that have to be dealt with immediately. Urine and feces are bodily waste that provide important information, much like letters and words in a written language.

Thus, these signals help us understand and respond to the needs of our body.

In Conclusion:

There are two concepts of medicine out there. The initial viewpoint emphasizes personal accountability for one's health, by maintaining good health and preventing what is harmful to health. When detoxification is needed, we turn to gentle, natural remedies derived from food and similar sources to aid the body in eliminating toxins.

The second concept largely ignores the underlying causes of disease and focuses mostly on symptoms by prescribing pharmaceutical drugs.

In other words, the first concept is built upon the universal principles of medicine. The second one is really a large-scale, organized, commercial enterprise, which has been established by big pharmaceutical companies. These

companies aim to eliminate individual health freedom and foster dependence on their drugs exclusively.

Empower yourself to live a fulfilling life. Embrace this optimistic approach, free from profit-driven influences. Ultimately, good health revolves around preserving strength, avoiding harmful substances, and expelling toxic waste.

Chapter 2: Truth About Surgery

Introduction

Surgery alone is not a cure for cancer; it addresses only the *manifestation* of the symptom (the tumor) and *not* the underlying systemic issues causing cancer. A comprehensive approach, including lifestyle and dietary changes, is *crucial* for effective cancer treatment.

Imagine being told you have cancer. Fear grips you, and the immediate thought is often surgery – cut it out, and you're safe, right? However, there is a *deeper* story, one that unveils a complex interaction between your body and cancer. Here is what you need to understand: cancer is not just a rogue tumor; it is a systemic toxicity problem, a cry from your body for help.

2.1 The Hidden Truth Behind Tumors

The tumor you see, the lump you fear, is *not* the root of the problem. It is merely a *manifestation* of the symptom, a signal of a *larger* problem within your body. Removing a tumor through surgery might seem like a victory, but it is only part of the story. A tumor the size of approximately 5 centimeters, already harbors a billion cancer cells. By the time it is detected, cancer has often spread beyond this lump, circulating through your body, growing and multiplying.

2.2 The Illusion of Surgical Cure

Surgery can remove a significant bulk of cancer cells, but it does not eliminate the disease. This is why chemotherapy and radiation are often recommended post-surgery. These treatments aim to target the rogue cells that remain, lurking in your blood and bone marrow. Our bodies possess incredible vitality. However, when cancer takes hold, it is often a sign that this system is *overwhelmed*.

2.3 Terrain Matters: The Foundation of Health

The true “battleground” is your body's terrain. A person with cancer typically faces a landscape riddled with toxicity, nutrient deficiencies, and compromised detoxification pathways. Think of your lymphatic system and organs as a

battlefield, inundated with toxins and starving for nutrition. Addressing these foundational issues is crucial for true healing.

2.4 Surgery: A Double-Edged Sword

While surgery can be beneficial by removing a significant mass of cancerous cells, it is not without risks. Major surgeries can also fuel cancer growth, as the body's healing response releases growth hormones that cancer cells eagerly consume.

In 2004, researchers at the John Wayne Cancer Institute conducted a groundbreaking study on the impact of needle biopsies in women with aggressive breast tumors. The study divided the participants into two groups: one group underwent a needle biopsy followed by surgery a few weeks later, while the other group proceeded directly to surgery without a prior biopsy.

The findings were significant. The group that had the needle biopsy experienced a 50% increase in the rate of malignancy spread compared to the group that went straight to surgery. This increase is attributed to a process called "seeding," where the act of inserting the needle into the tumor causes cancer cells to escape and disperse into the surrounding tissues. This dispersion can facilitate the spread of the tumor, potentially worsening the patient's prognosis.

These results underscore the importance of evaluating the risks and benefits of needle biopsies in the management of aggressive breast cancer, let alone surgeries. While biopsies are a common diagnostic tool, their potential to enhance cancer spread in certain cases necessitates careful consideration and, possibly, alternative diagnostic approaches to mitigate this risk. The same applies to surgeries.

2.5 The Power of Radical Change

Here is the inspiring part: many individuals have chosen a different path. Instead of rushing into surgery and conventional treatments, they have stepped back, evaluated their lives, and made radical changes. They have embraced nourishing diets, regular exercise, and emotional healing, removing stress and negativity from their lives. Astonishingly, their bodies responded, often healing in ways that seemed miraculous.

2.6 A Personal Journey to Healing

I decided to take 150 days to radically change my diet and lifestyle through fasting and reducing food intake, monitoring my progress through blood work and scans. The results were remarkable, and I am not alone. Countless stories echo this path of natural healing. People who didn't panic, who didn't rush into invasive treatments, but instead chose to nourish their bodies and minds, often found their tumors shrinking, their blood work improving, and their overall health blossoming.

2.7 Your Life, Your Choice

Remember, this is your life. You do not have to undergo surgery if it does not feel right for you. Nevertheless, do not ignore the need for massive action. Radical lifestyle changes can stabilize or even shrink tumors, giving your body the tools it needs to heal. If surgery feels like a necessary step, understand its role and continue to support your body with proper nutrition and care.

In Conclusion

Surgery might provide a jump-start, but lasting healing comes from addressing the root causes of disease. Trust the process, be vigilant in your self-care, and remember: **you are in control**. Divine guidance from Allāh and informed decisions can lead you through this journey. I avoided a costly \$600 surgery (excluding hospital stay, blood work, scans, etc.) by placing my trust in Allāh, and instead, found strength and healing through faith and lifestyle changes. For a deeper understanding of the pitfalls of conventional treatments, I recommend “*Doctors Are More Harmful than Germs*” by Dr. Harvey Bigelsen. This book sheds light on the risks of surgery and the importance of holistic health.

Chapter 3: Chemotherapy: From Mustard Gas to Healing?

Introduction

When medical researchers observed that mustard gas, infamous for its devastating use in World War I, could destroy lymphatic tissue and bone marrow, a revolutionary idea sparked: Could it also kill cancer cells in the lymph nodes? Experiments in mice later revealed that nitrogen mustard, a derivative of mustard gas, caused tumors to shrink when applied topically. Yet, despite this promising start, it was not until 1942 that significant progress resumed.

The United States had just entered World War II, and the government, fearing the potential use of nitrogen mustard in warfare, tasked institutions nationwide with studying chemical warfare agents. Among these institutions was Yale, where two young assistant professors, Louis S. Goodman, MD, and Alfred Gilman, PhD, from the newly established Department of Pharmacology, began exploring nitrogen mustard's effects on lymphoma.

Their early studies on mice showcased dramatic disease regression, which was further validated in rabbits. This paved the way for the first clinical trial, involving a 48-year-old man in the terminal stages of lymphosarcoma. Traditional radiation therapy had failed, leaving him without options (within the conventional medicine paradigm). Administered 10 doses of nitrogen mustard at a dosage later deemed excessive, his tumors softened within two days and disappeared by the end of treatment.

Despite a subsequent relapse and diminishing effectiveness in follow-up treatments, scientists were emboldened by the *initial* success. This *alleged* proof that chemicals could “combat” cancer motivated further clinical trials at Yale and across the United States. However, the results remained classified as a military secret until 1946, when they were finally published in *The Journal of the American Medical Association*.

These patients, willing to undergo experimental treatments, helped integrate

nitrogen mustard into multidrug chemotherapy, cementing its place as a cornerstone in *conventional* cancer treatment.

3.1 The Dark Side of Chemotherapy: A Modern Paradox

A 2017 study published in Science Translational Medicine raises troubling questions about chemotherapy. Researchers in the United States discovered that chemotherapy, while effective at shrinking tumors in the *short* term, might enable cancer to spread. Dr. George Karagiannis of the Albert Einstein College of Medicine found that chemotherapy increased the number of “doorways” on blood vessels, facilitating the migration of cancer cells to other parts of the body—a phenomenon almost always *fatal*.

Their study on breast cancer patients revealed that chemotherapy could trigger a bodily repair mechanism, leading to the resurgence of stronger, more aggressive tumors. The number of these dangerous doorways increased in 20 patients receiving two common chemotherapy drugs. Currently, researchers are investigating whether this effect extends to other types of cancer.

3.2 A Critical Reflection on Chemotherapy

For over 70 years, institutionalized cancer research has focused on understanding and curing cancer, yet mainstream treatments remain largely unchanged: surgery, chemotherapy, and radiation. These treatments, often viewed as the gold standard, have a disconcerting paradox.

Many patients live relatively healthy lives with cancer until they start chemotherapy. Within hours of treatment, they often become gravely ill, and within a few years, many capitulate not necessarily to cancer, but to the harsh ~~side-~~ direct-effects of chemotherapy. The body's symptoms, including cancer, can be seen as intelligent responses, attempts to heal rather than harm.

3.3 A Call for a Paradigm Shift

Instead of assaulting the body with toxic chemicals, why not nourish it with

healthy foods, positive thoughts, prayer, and a healthy environment? Chemotherapy is not an effective cancer treatment; it is essentially toxic and potentially cancer causing. The real achievement of surviving chemotherapy is not a triumph over cancer, but an endurance of the treatment's brutality.

Imagine a world where cancer treatment aligns with the body's natural healing processes. Where the focus shifts from extermination to nourishment, from destruction to support. Perhaps, it is time to rethink our approach to one of humanity's most hated diseases.

3.4 A New Hope

Our bodies are incredibly intelligent. Every symptom, including cancer, is part of a complex, purposeful attempt to heal. Instead of poisoning ourselves with chemotherapy, we have to explore holistic approaches that align with our body's natural wisdom. It is time to open new doorways, not for cancer to spread, but for healing to thrive.

Chapter 4: Blame Game: What Really Makes You Ill

When doctors diagnose you with cancer, they will often tell you that it is just bad luck, your genes, or similar factors. Nothing could be further from the truth!

Diseases, despite their countless names, boil down to one core concept: **allostasis**. It represents our body's active pursuit of returning to a state of harmony, to **homeostasis** to be precise.

As biochemist Abū ‘Iyāḍ Amjad Rafīq beautifully explained:

“A more accurate way of looking at health and disease is through the concept of homeostasis, which is the equilibrium of all ‘systems’ in the body. It refers to balance (i’tidāl). What is considered “disease” and its symptoms in the false model of disease is simply the body’s inherent and in-built response mechanisms to return the body back to equilibrium; it is a healing process. The disease state is what precedes that healing phase. This confusion between the actual disease state and the healing or crisis resolution phase, and wrongly treating the latter as the former, is the great mistake being made in modern allopathic medicine. Millions upon millions have been trained to believe in this model as the truth, and the vast majority of research is conducted upon this incorrect model because it is mostly funded by those who profit hugely from it.”¹

There are so many ‘Awāmil (factors) that actually lead to a shift from equilibrium to allostasis. These include:

- Envy
- Greed
- Cowardice
- Pessimism
- Misanthropy
- Table salt
- Herbicides and pesticides
- Stress
- Perpetual fear

¹ On Smallpox and Injecting Impure, Harmful Substances | Page 23.

- Use of pharmaceuticals
- Poor sleep
- Poor gut health
- Heavy metals
- Toxic skin products
- EMF exposure
- Dental procedures
- Toxic air fresheners
- Toxic cleaning products
- Lack of community
- Use of antibiotics
- Consumption of refined sugar
- Overconsumption of coffee
- Pasteurized, inorganic dairy
- Junk food
- Processed foods
- Refined grains
- Lack of time in nature
- Lack of exercise
- Poor detox pathways
- Unhealed (physical and emotional) trauma
- Vegetable oils
- Toxic tap water
- Lack of minerals
- Soda
- Consumption of alcohol
- Smoking
- Poor oral hygiene
- Chemtrails
- Vaccines
- Synthetic clothes
- And so many other things!

When you carefully reflect on this exhaustive list of possible causes that

contribute to a wide range of health issues, you might wonder how on earth people can really believe the falsified narrative of the so-called doctors, or should I say the sales agents of the pharmaceutical industry?

Within the domain of health, healthcare and healing embody different avenues. Imagine healthcare as a map guiding people towards drug-based "solutions", while healing acts as a compass leading them away from reliance on pharmaceutical drugs. This analogy unveils a hidden truth: the influential entities, individuals, institutions and corporations seldom discuss healing because it challenges their interests. Consequently, some remarkable healing plants and methods face prohibition or unjust demonization, all for the sake of preserving profit-driven projects.

Healing represents the pinnacle of scientific understanding, employing the laws of nature to construct real remedies and restore homeostasis. In contrast, pharmaceutical drugs offer no assurance of healing and come burdened with a lengthy list of undesirable complications.

Why are we so fixated on suppressing inflammation by prescribing antibiotics, treating it as an adversary? Have you ever considered that inflammation is more like a vigilant guardian than an enemy? Let us explore this concept through an analogy.

Think of inflammation as a skilled repair crew working on a damaged road. Just as the crew clears debris, fills potholes, and paves new asphalt to restore the road's smoothness, inflammation works to repair and regenerate tissues in the body, ensuring its proper functioning. It acts as a diligent team that identifies and addresses problems to restore optimal conditions.

Therefore, inflammation is not the culprit; it's a healing mechanism among the many healing mechanisms; restoring balance and harmony within our bodies. So let's shift our perspective and embrace inflammation as an ally rather than an opponent.

These misconceptions are like shackles that hinder your progress. Like a traveler, you possess a map of knowledge, guiding you through the domain of well-being. Grab the chance now and start your journey towards better health. Just as a clear sky reveals the path ahead, simplify your choice; be it in nourishment, hydration,

or physical activity. You know that obedience to Allāh, eating nuts, seeds, dairy, herbs, meat, honey, drinking water and exercise are good for you. You know that sins, envy, greediness, arrogance, hastiness, worrying, pessimism, chronic stress and junk food are bad for you. Leave the detailed complexities for another day, and take decisive action now, before the hourglass of opportunity runs empty.

Chapter 5: Adopting a Healing Mindset

Introduction

My approach to health, nutrition, and healing is rooted in a mindset that is shaped by my determination to get well and active, a mindset that I now understand is crucial for anyone facing such challenges. This mindset is aligned with the principles of taking responsibility for one's health, relying on Allāh's guidance, and making sincere efforts towards healing.

5.1 The Healing Mindset: Key Components

1. Trust in Allāh and Personal Accountability

In the face of a diagnosis, the first question that often arises is, “How can this happen to me?” It is essential to recognize that, as believers, everything happens by the will of Allāh, as Allāh Himself says (in the translation of the meaning of the verse):

“It may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allāh knows but you do not know.” (2:216)

However, we must also accept responsibility for our health. This does not mean degrading oneself but rather understanding that our choices and actions have consequences. The revelation I had was that my lifestyle was detrimental to my health. Accepting responsibility empowered me to change my situation, with Allāh's help of course.

Reflecting on the *Qur'ān* and *Sunnah*, we find numerous examples where taking care of one's body is emphasized.

The Prophet Moḥammad ² ﷺ said:

“Your body has a right over you.”³

Therefore, making healthy choices is a form of worship and gratitude towards Allāh.

2. Openness to Transformation

Once you have accepted responsibility, the next step is to be willing to make necessary changes, regardless of how difficult they may seem. This includes adopting a healthy diet, engaging in regular physical activity, and seeking natural remedies that align with the teachings of *Ṭibb an-Nabawī* (The Prophetic Medicine). The Prophet ﷺ said:

“There is no disease that Allāh has sent down, except that He also has sent down its treatment.”⁴

Thus, we should seek out these treatments and make the necessary lifestyle changes to promote healing.

3. Commitment to Action

Successful recovery requires taking decisive action. This means not only changing your diet and habits but also eliminating all harmful influences and toxins from your environment. As Muslims, we are encouraged to strive for excellence (*iḥsān*) in all aspects of our lives. Implementing a holistic approach to health, which includes physical, mental, and spiritual well-being, is vital.

² Within Islamic etiquette, it is customary to include a specific supplication after mentioning the Prophet Moḥammad. It is often written in the following manner: {صلى الله عليه وسلم} {Ṣallā 'llāhu 'Alayhi wa Sallam}. This means, contextually: “May Allāh’s peace and blessings be upon him.”

³ Ṣaḥīḥ al-Bukhārī | Ḥadīth #5199

⁴ Ṣaḥīḥ al-Bukhārī | Ḥadīth #5678

The Prophet ﷺ said:

“Take advantage of five matters before five matters overtake you: your youth before you become old, your health before you fall sick, your wealth before you become poor, your free time before you become busy, and your life before your death.”⁵

4. Future Planning with Hope and Reliance on Allāh

Planning for the future and maintaining hope is crucial. As believers, our trust (Tawakkul) is in Allāh alone. We must plan and strive as if everything depends on our efforts, but also rely on Allāh’s decree. The Prophet (ﷺ) said:

“If you rely upon Allāh with the reliance He is due, you would be given provision like the birds: they go out in the morning hungry and return full.”⁶

Therefore, while we take action, we should also make Du‘ā’ (supplication) and trust in Allāh’s divine Hikmah (wisdom).

5. Finding Gratitude and Joy in the Journey

Finally, it is important to find joy and contentment in the process of healing. Gratitude is a powerful tool that can transform our mindset and improve our health. The Prophet (ﷺ) said, *“He who does not thank the people is not thankful to Allāh.”⁷* By appreciating the support of those around us and the small improvements in our health, we can maintain a positive outlook.

Your health and happiness are like a blooming garden that requires your attention.

Just as a potter molds clay with skill and precision, you have the ability to shape your level of wellbeing. While fancy pills and gadgets may sparkle like fireworks, true healing comes from within.

⁵ Shu ‘ab al-Īmān | Ḥadīth #10250

⁶ Sunan Ibn Mājah | Ḥadīth #4164

⁷ Sunan Abī Dāwūd | Ḥadīth #4811

Disease can be seen as a dark cloud or a shining light, depending on how you choose to perceive it. The path to great health is like a winding river, and it is up to you to navigate its course. You are the captain of your own ship, steering the direction of your thoughts, diet, lifestyle, and habits, like a skilled sailor navigating the vast ocean.

The healing power within you is like a hidden treasure waiting to be discovered, shining with endless possibilities.

Just as a garden flourishes with the nurturing touch of a loving gardener, your body has an natural capacity to heal itself when provided with what it needs, like a resilient seed that blossoms into a beautiful flower.

Conclusion

The proposed mindset is about adopting a holistic approach to health that includes physical, mental, and spiritual well-being. It involves taking responsibility for our health, making necessary changes, taking massive action, planning for the future with hope, and finding joy in the process. As Muslims, we should rely on the guidance of Allāh, the teachings of the Prophet ﷺ to navigate our journey to healing.

Chapter 6: Healing Through Nutrition

Introduction

Over 100,000 nutritional science studies are published every year demonstrating how naturally occurring compounds in plants and animal food can assist the body in preventing and reversing chronic diseases. However, this valuable research is often overlooked by the medical industry. As we strive to follow a holistic approach to health, it is essential to understand the benefits of incorporating both plant-based and high-quality meat into our diet.

The human body's ability to adapt and utilize various types of nourishment to repair, regenerate, and sustain life is an incredible testament to the intelligent design of our Creator. No matter what we consume, the body strives to keep functioning, which is why it is easy to take our health for granted. However, neglecting our nutritional needs and substituting vital, life-sustaining food with artificial, man-made factory food and low-quality animal products will eventually lead to a decline in health. Our bodies are composed of the food we eat, and maintaining this vessel is a responsibility we must not overlook.

Many people experience dramatic improvements in health within three months of making radical dietary and lifestyle changes. However, it is important to remember that restoring health is not a quick fix. It often takes several years to fully heal, and maintaining a healthy diet and lifestyle is a lifelong commitment.

6.1 Nutrition as a tool

Reflecting on the *Sunnah*, we find that moderation and frequency are emphasized for their health benefits. The Prophet Moḥammad ﷺ said:

“The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls, to keep him going. If he must do that (fill his stomach),

then let him fill one third with food, one third with drink and one third with air.”⁸

As well as the following Ḥadīth⁹:

“Verily, the first trial to occur in this nation after the passing of its Prophet, was people eating to their fill. For when people fill their stomachs, their bodies are fattened, their hearts are hardened, and their desires are uncontrollable.”¹⁰

These Aḥādīth (plural of Ḥadīth) highlight the importance of what we consume, both in terms of volume and frequency, and how it affects our health. The stomach is the home of health issues and restraint is the basis of the remedy.

6.2 Power of Plant-Based Foods

Many compounds found in plants play a vital role in healing from cancer. For example, some compounds cause damage to the cancer cells, leading to their death, while others inhibit the spread of cancer cells or block the formation of new blood vessels necessary for tumor growth, a process known as anti-angiogenesis.

Dr. William Li's research at the Angiogenesis Foundation identifies several potent anti-angiogenic foods such as green tea, ginseng, strawberries, blueberries, oranges, apples, kale, garlic, and turmeric. These foods contain phytonutrients that cause cancer cell death and disrupt cancer cell metabolism.

⁸ Narrated by *Sunan/Jāmi‘ at-Tirmidhī* | Ḥadīth #2380

⁹ While this narration is mistakenly attributed to ‘Ā’ishah, the wife of the Prophet, its content has certainly come true, as we witness today in our era.

¹⁰ *al-Jū’ li-Ibn Abī Dunyā* | #22

6.3 The Role of Herbs, Vegetables and Teas

Herbs, vegetables and teas are also powerful allies in recovering from cancer. For instance:

- Amla (Indian Gooseberry):

Amla has one of the highest oxidant-quelling of any food, with studies showing its extract can stop the growth of various cancer cells and kill existing cancer cells.

- Turmeric:

It contains curcumin, a compound known for its inflammatory-soothing and potential cancer-healing properties.

- Green Tea:

Rich in catechins, green tea has been associated with a lower risk of several cancers and overall mortality.

- Hibiscus Tea:

Known for its high oxidant-reducing elements and cancer-healing effects.

- Oregano:

It contains quercetin, which slows cancer growth and promotes apoptosis (cell death) in the cancer.

- Garlic:

Probably the number one vegetable proven to lower the risk of various cancers by enhancing your health and inducing apoptosis.

- Cayenne Pepper: Contains capsaicin, which targets multiple cancers.

6.4 Benefits of High-Quality Meat

In addition to plant-based foods, consuming high-quality meat has significant health benefits. The *Qur'ān* mentions the importance of meat in our diet, highlighting that it is a blessing from Allāh:

“And the livestock, He has created them for you; in them there is warmth (warm clothing), and numerous benefits, and from them you eat.” (16:5).

High-quality meat and dairy, particularly grass-fed and organically raised, provides essential nutrients such as iron and zinc which are crucial for maintaining health and supporting the body. Additionally, meat is a source of complete protein, containing all the essential amino acids necessary for the body's repair and regeneration.

For example, ‘Abdullāh b. Mas‘ūd narrated that the Prophet Moḥammad ﷺ said:

“It is upon you to consume cow’s milk, for indeed it is a Dawā’ (cure), and its fat is a Shifā’ (healing). Beware of «excessive consumption of» its meat though, for indeed its Laḥm (meat) is «a source of» Dā’ (disease).”¹¹

One of the virtuous Muslim theologians, imām Ibn Rajab, described in one of his remarkable works how excellent eating meat is, saying:

*“Allāh has permitted the slaughter of these obedient, remembering domesticated animals (al-bahā’im) for His believing servants so that their bodies (abdān) may be strengthened and their enjoyment in eating meat may be fulfilled. **Meat is among the finest and most delicious foods.** Although bodies can be sustained by other than meat, such as plants (nabātāt) and others, complete strength (quwwah), intellect (‘aql), and pleasure (ladhdhah) are only achieved with laḥm (meat). Thus, Allāh has allowed the believers to kill these animals and eat their meat so that His servants’ strength and intellect may be*

¹¹ Authenticated by imām al-Albānī in *Ṣaḥīḥ al-Jāmi‘ aṣ-Ṣaḡhīr wa-Ziyādātuh*. The reference for this Ḥadīth (prophetic narration) is found under number 4061.

perfected, aiding them in acquiring beneficial knowledge (*‘ulūm nāfi‘ah*) and performing righteous deeds (*a‘māl ṣāliḥah*).”¹²

6.5 Avoiding Low-Quality Meat

Low-quality meat often filled with vaccines, antibiotics, steroids, and other harmful substances, poses significant health risks. Such meat can contribute to inflammation, hormonal imbalances, and an increased risk of cancer.

6.6 Eating Wholesome Food to Say Goodbye to Cancer

Combining the benefits of plant-based foods and high-quality meats and dairy creates a balanced diet that supports overall health and aids in cancer prevention and treatment. Here are some strategies:

- 1. Include a Variety of Vegetables and Fruits:** Aim to consume a wide range of colorful fruits and vegetables to ensure you get a diverse array of phytonutrients. Foods like berries, citrus fruits, leafy greens, and cruciferous vegetables (e.g., broccoli, cauliflower) are particularly beneficial.
- 2. Incorporate High-Quality Meat:** Choose grass-fed, organic meats whenever possible. These meats are free from harmful additives and provide superior nutritional benefits. Moderation is key; balance your intake with a variety of plant-based foods.
- 3. Utilize Beneficial Herbs and Teas:** Incorporate herbs and teas known for their cancer-healing properties into your diet, such as Amla, turmeric, green tea, hibiscus tea, oregano, garlic, and cayenne pepper (more on them later).
- 4. Avoid Processed Foods and Sugars:** These products make you very sick can promote inflammation and are linked to increased cancer risk. Focus on whole, natural foods as part of your daily diet.

¹² *Laṭā‘if al-Ma‘ārif fīmā li-Mawāsīm al-‘Ām min al-Wazā‘if* | Page: 292 | Publisher: Dār Ibn Ḥazm li-ṭ-Ṭibā‘ah wa-n-Nashr | First edition: 1424H - 2004 CE

5. Stay Hydrated: Water is essential for maintaining bodily functions and aiding in detoxification. Aim to drink plenty of purified water daily. My top favorite is ZamZam. Yes, it is quite difficult to get your hands on unless you live in Saudi Arabia. Nonetheless, try to drink as much as possible of it, as it is considered blessed water. I am even thinking of writing a book about ZamZam in the future, if Allāh wills it.

Chapter 7: My Daily Nutrition

Introduction

My daily routine for nutrition during and after my cancer treatment has been simple yet consistent. Aside from my daily routine, I also drank a liter of homemade carrot juice, prepared with half a lemon, 3 to 4 carrots, a small piece of ginger, and plenty of water. I let it sit in the refrigerator to serve it cool, although that is just a personal preference.

7.1 Morning Start

I start my day with a large bowl of fresh fruit, a vibrant mix of nature's bounty. This bowl includes a variety of items like cucumbers, dates, mangoes, bananas, oranges, apples, nectarine, apricot and kiwis. It is a refreshing and nutritious way to begin the day.

Following the fruit, I have a tablespoon of organic bee pollen along with a tablespoon of organic honey. This combination is nature's golden medicine, providing a natural boost of energy and nutrients.

Next, I enjoy a small bowl of oatmeal mixed with cinnamon and raisins. I prepare the oatmeal by soaking it overnight in a mixture of apple cider vinegar and water, which enhances its nutritional value. It is like planting a seed in fertile soil overnight, which then blooms into a nourishing meal by morning.

I finish my morning routine with about 100 grams of self-roasted almonds, generously sprinkled with sea salt. There was a period when I even included a mix of almonds, walnuts, Brazil nuts, apricot kernels, and pecans. These are my crunchy treasures, adding a satisfying end to my breakfast ritual.

7.2 Midday Meals

For lunch, I like to vary my meals between couscous, brown/basmati rice, millet, quinoa, buckwheat and barley. These grains are my foundation, sturdy as ancient pillars supporting a balanced diet. I pair them with sweet potatoes, a variety of vegetables, and *Ḥabbatu-s-Sawdā'* (black cumin seed), known as the “seed of blessing.” Occasionally, I add small portions of meat to complete the meal. This variety ensures that I get a balanced intake of nutrients.

7.3 Evening Nourishment

Dinner usually consists of homemade sourdough bread, which I dip in olive oil. This combination is simple and deeply satisfying. I also include olives, cherry tomatoes, and pastured free-range eggs. It is a meal that grounds me, bringing the day to a fantastic close.

Additionally, I used to crush three cloves of garlic and consume them with several teaspoons of high-quality honey. However, it is advisable to start with, one clove rather than three, as consuming a large amount of raw garlic can cause stomachache and induce vomiting. To mitigate the bad odor, you may chew on some mint leaves and spit them out after a few minutes. To fully activate the healing properties of garlic, I recommend leaving the crushed cloves on the counter for approximately 10 minutes before consumption.

7.4 Simple yet Effective

My dietary plan is straightforward but very effective. It is not about following a strict regimen; rather, it is about choosing wholesome foods that nourish my body. You can personalize your diet with different variations, combinations, and frequencies that suit your taste and nutritional needs.

7.5 Wisdom from Our Ancestors

In today's world, we are bombarded with various dietary advice ~~from people who are eager to sell you something~~ from well-intentioned individuals, which can be confusing. I find it helpful to look back at how our ancestors ate. They thrived on simple, local, and seasonal foods without the chronic diseases prevalent today. Their diet was based on what was available and digestible, not on the latest trends of some self-righteous, New York Times best-selling authors.

While some specific diets, like vegetarianism or the carnivore diet, might show health benefits, often the reduction of toxins makes the difference. Our ancestors thrived on a diverse diet for millennia. We do not need to complicate things—keeping it simple and practical is key. Life is already complicated enough.

Chapter 8: You like to move it?

Introduction

Physical activity is a fundamental aspect of maintaining and improving our health. In Islam, the importance of physical well-being is emphasized as it enables us to fulfill our religious obligations and contribute positively to society. The Prophet Moḥammad ﷺ said:

“The strong believer is better and more beloved to Allāh than the weak believer, while there is good in both.”¹³

There are several interesting takes on this prophetic narration. One of them is from the contemporary scholar, Shaykh Ṣāliḥ al-Fawzān:

“The believer, who is strong in his Īmān (faith), body, and actions, is better than the weak believer, the one who has weak Īmān, or a weak body or weak actions. That is because the strong believer is productive and accomplishes things for the Muslims, and thus they benefit from his physical strength, actions, and his strong Īmān.”¹⁴

Therefore, this Ḥadīth underscores the value of strength and fitness in a believer's life, as well as his spiritual and mental prowess.

8.1 The Significance of Exercise

Health and fitness are not synonymous, but they are interconnected. Fitness involves being physically strong and having endurance, while health encompasses overall well-being, including spiritual, physical, mental and emotional health. The goal is to achieve a balance of both.

¹³ Ṣaḥīḥ Muslim | Ḥadīth #6441

¹⁴ Al-Muntaqá min Fatāwá Shaykh Ṣāliḥ al-Fawzān (5/380-381)

Translated by Abūl-‘Abbās Mūsá Richardson. I slightly modified the transliteration.

Many athletes and fitness enthusiasts may focus excessively on physical performance and appearance, sometimes resorting to unhealthy practices to enhance their physique, like anabolic steroids and protein shakes.

Islam teaches us moderation and balance in all aspects of life, including physical activity.

8.2 Avoiding a Sedentary Lifestyle

Modern lifestyles have become increasingly sedentary, with many people spending a significant portion of their day sitting. This sedentary behavior is linked to various chronic diseases, including cardiovascular diseases, diabetes, and certain cancers. To combat this, it is essential to incorporate regular physical activity into our daily routine.

8.3 The Benefits of Physical Activity

Regular exercise has numerous benefits, including improved cardiovascular health, enhanced muscle and bone strength, better mental health, and reduced risk of chronic diseases. The Prophet Moḥammad ﷺ encouraged physical activity, saying, “*Practice archery and practice riding.*”¹⁵ One of his prominent disciples, ‘Umar b. al-Khaṭṭāb, once said something similiar: “*Teach your children swimming, archery, and horse riding.*”

These activities not only promote physical health but also develop skills and discipline.

¹⁵ Sunan/Jāmi‘ at-Tirmidhī | Ḥadīth #1637

8.4 High-Quality Nutrition

I know I sound like a broken record, but in addition to physical activity, nutrition plays a crucial role in maintaining health. The *Qur'ān* mentions the importance of consuming wholesome foods:

“O you who have believe, eat from the good things which We have provided for you and be grateful to Allāh if it is [indeed] Him that you worship” (2:172).

8.5 Practical Steps to Incorporate Physical Activity

- 1. Start with Small Steps:** If you are new to exercise or recovering from illness, begin with light activities such as walking or gentle stretching. Gradually increase the intensity and duration as your fitness improves.
- 2. Find Activities You Enjoy:** Choose physical activities that you enjoy, whether it is walking, cycling, swimming, or playing a sport. This will make it easier to stay committed to a regular exercise routine.
- 3. Incorporate Movement into Daily Life:** Look for opportunities to be active throughout the day. Take the stairs instead of the elevator, walk or cycle to work, and take breaks to stretch and move if you have a desk job.
- 4. Set Realistic Goals:** Establish achievable fitness goals and track your progress. This can help you stay motivated and see the benefits of your efforts.
- 5. Exercise in Nature:** Whenever possible, engage in outdoor activities. Spending time in nature has additional mental and emotional health benefits.

Personally, I love to walk a lot. Since I live in Morocco, the walking experience is even better due to the constant exposure to the sun. On an average day, I walk around 6-7 km. Furthermore, I enjoy doing some push-ups, squats (with a kettlebell), and the so-called horse stance (with a kettlebell) on a daily basis. In addition, during and after my period with cancer, I jumped on a rebounder/trampoline.

Rebounding exercises can be divided into three main categories, each offering distinct benefits and a touch of fun. I was initially surprised to discover that many cancer patients are utilizing this type of exercise.

1. ***The Health Bounce:*** Imagine gently bouncing on a rebounder without your feet leaving the mat. This low-impact exercise is like giving your lymphatic system a polite nudge, saying, “Wake up, dear friend.” You can do this while watching something, proving that health and entertainment can indeed coexist.
2. ***The Strength Bounce:*** This is where things get serious. You have to jump as high as you can. This exercise not only builds your primary and stabilizer muscles but also enhances your balance, all from the comfort of your living room.
3. ***Aerobic Bouncing:*** Here is where you unleash your creativity. This includes dynamic movements like jumping jacks, twists, running in place, and one-legged bounces. These high-intensity exercises elevate your heart rate and boost cardiovascular fitness.

Whether you are easing into rebounding with the *Health Bounce*, aiming for the stars with the *Strength Bounce*, or turning your workout into a high-energy action sequence with *Aerobic Bouncing*, there is something for everyone. Just remember, if jumping feels too intense at first, you can always start with a gentle seated bounce and work your way up. After all, every person has to start somewhere, and every journey begins with a single bounce, so to speak.

Chapter 9: Chill Out the Ḥalāl Way

Introduction

Stress and negative emotions can have a profound impact on our health, including our ability to recover from illnesses. In Islam, managing stress and maintaining a positive emotional state is crucial for overall well-being. Remember what the Prophet Moḥammad ﷺ said?

“There is no disease that Allāh has sent down, except that He also has sent down its treatment.”¹⁶

This Ḥadīth reminds us that with every challenge, including cancer, there is a way to overcome it.

Emotions, like turbulent waves crashing against the shore, possess a profound ability to destroy a person's resilience. Just as a pebble dropped into a still pond creates ripples that reach the farthest corners, so too does the soul, when emotionally affected by something, have a profound and widespread impact, individuals may find themselves weakened by the overwhelming power of their emotions.

A healthy person may falsely perceive himself as diseased, allowing the seeds of illness to take root within them. On the other hand, a person can ignore illness while he is ill and he becomes healthy. Such is the profound influence of the soul when it becomes entangled in the web of emotions.

9.1 Understanding Stress and Its Impact

Stress is a natural response to perceived threats, activating the body's survival mechanism. This response is useful in acute situations, such as when a hungry dog runs after you to take a bite out of your hamstring, but chronic stress can be detrimental to our health. Chronic stress can lead to various health issues, including weakened mental clarity, digestive problems, hormonal imbalances,

¹⁶ Ṣaḥīḥ al-Bukhārī | Ḥadīth #5678

and an increased risk of chronic diseases such as cancer.

The *Qur'ān* advises us to seek help through patience and prayer:

“O you, who believe, seek help through patience and prayer. Indeed, Allāh is with the patient.” (2:153)

This verse emphasizes the importance of maintaining patience and turning to Allāh in times of stress, anxiety, fear and the like.

9.2 Identifying and Reducing Stressors

The first step in managing stress is to identify its sources. This can include work pressures, financial difficulties, relationship problems, and health concerns. Once identified, it is essential to take steps to reduce or eliminate these stressors.

9.3 Practical Steps to Reduce Stress:

1. Rely on Allāh: Trust in Allāh’s plan and seek His help through *Du‘ā’* (supplication) and *Ṣalāh* (prayer). Remember the verse: “And whosoever fears Allāh and keeps his duty to Him, He will make a way for him to get out (from every difficulty).” (65:2)

2. Adopt Healthy Lifestyle Habits: Engage in regular physical activity, maintain a balanced diet, and ensure adequate sleep. I recommend moderation in all things, since the best of deeds are those done regularly, even if they are few.

3. Practice Gratitude: Focus on the blessings in your life and express gratitude to Allāh.

“And whoever is grateful is grateful for (the benefit of) himself. And whoever denies (His favor) - then indeed, Allāh is Free of need, and Praiseworthy.” (31:12)

4. Seek Social Support: Surround yourself with *supportive* family and friends. The Prophet ﷺ emphasized the importance of community:

“The believer to the believer is like a solid building, one part supporting the other.”¹⁷

9.4 Embracing Patience and Positive Thinking

Islam encourages us to maintain a positive outlook and trust in Allāh’s wisdom. The Prophet ﷺ said, *“Wondrous is the affair of the believer, for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allāh and thus there is good for him; and if he is harmed, then he shows patience and thus there is good for him.”¹⁸*

9.5 Strategies for Positive Thinking:

- 1. Mindfulness and Reflection:** Spend time in quiet reflection and *Dhikr* (remembrance of Allāh). This can help calm the mind and reduce stress.
- 2. Focus on Solutions:** Instead of dwelling on problems, focus on finding solutions. Make a list of stressors and possible ways to address them.
- 3. Practice Forgiveness:** Let go of grudges and practice forgiveness.

You do not need therapy, coaching, or any other New Age stuff out there. The ‘*Ulamā* (Muslim scholars) clarified that a “good omen” (*al-Fa’l*) is a positive sign that instills optimism for the future. We are encouraged to pay attention to good omens and have positive thoughts about Allāh, which motivates us to act and look forward to the future.

However, seeking good omens should not be confused with superstitious beliefs or the use of charms, as these contradict our Islamic teachings.

Instances of good omens include a sick person hearing someone call him with a name associated with good health (i.e. *Sālim*).

¹⁷ *Ṣaḥīḥ al-Bukhārī* | Ḥadīth #2446

¹⁸ *Ṣaḥīḥ Muslim* | Ḥadīth #2999

This mindset prevents despair, depression, and negative feelings, promoting well-being and trust in Allāh's plans. Do not go back in time to relive your traumas. That is not healing! Instead, it will make you feel even worse. Trusting in Allāh and seeking His help brings comfort, happiness and helps overcome difficulties. Seriously, how easy do you want it to be?

Chapter 10: Forgive and Forget: Cleaning House with Faith

In our desire to purify our heart, forgiveness is essential. Facing the universal struggle of both forgiving and seeking forgiveness, I have encountered its challenges. Amid conventional health approaches, addressing emotional and psychological well-being is often overlooked. While organic nutrition matters, neglecting emotional toxicity hampers progress. Forgiveness is a true medicine to the inner being.

Think of your heart as a house. Every hurt, insult, or betrayal leaves a mess, turning your once-clean home into a dirty place. Forgiveness is like a garbage man, cleaning up the mess and making your heart pure again. It is not a one-time act though, but a lifelong commitment. Beyond momentary relief, forgiveness, like maintaining a healthy lifestyle, requires steadfast dedication.

Acknowledging human imperfection eases forgiveness. The process extends both ways – forgiving those who wrong us and seeking forgiveness for our transgressions. A heart burdened by guilt, anger, resentment, and shame increases stress. Therefore, act quickly by forgiving others and seeking forgiveness to release the toxicity.

Actions today shape your future. Forgiveness is not solely for others; it is a self-gift, planting peace seeds for a calm future. It provides us with a fresh start, shedding the weight of the past.

Yes, I am aware that in some instances, it is better not to forgive. For example, when it is about a person that has a bad track record. Forgiving him will only make matters worse. Refer to *Makārim al-Akhlāq* of imām al-‘Uthaymīn for more details. Nonetheless, in most cases, it is better to just let it slide.

The Prophet Moḥammad ﷺ said, “Show mercy to others and you will be shown mercy; forgive others and Allāh will forgive you.”¹⁹

Allāh says:

“Let them pardon and forgive. Do you not love that Allāh should forgive you? And Allāh is Oft-Forgiving, Most Merciful.” (24:22)

¹⁹ Al-Adab Al-Mufrad | #380

Chapter 11: What about Supplements?

Introduction

Firstly, it is important to understand that nothing in nature is inherently “anti.” Many people talk about herbs as if they are anti-bacterial, anti-fungal, anti-viral, anti-parasitic, and so on, but this perspective is misleading.

Herbs and healthy foods are not actually ‘anti-inflammatory’. Instead, they work by helping the body eliminate toxins and waste. Herbs and nutritious foods support tissue regeneration, which in turn reduces inflammation because inflammation is a result of tissue damage.

If something is marketed as anti-inflammatory, it means it opposes one of the body’s key healing processes. This is why anti-inflammatory drugs are harmful!

The same principle applies to “anti-parasitic” treatments. These cleanses are effective because they eliminate parasites, which disrupt the natural terrain, and help in removing toxins and waste from the body through natural means. Parasites are not the fundamental cause of disease!

This concept also extends to antibiotics.

Antibiotics are essentially against life. The term antibiotics means “against life.” All the organisms in your body play crucial roles in maintaining proper bodily function and health. Antibiotics harm your health because they target these beneficial organisms. Antibiotics are particularly known for harming gut health because most of these vital organisms reside in the gut. It is unfortunate how readily doctors prescribe antibiotics to patients!

Anti-viral medications are even more problematic because they are based on the false assumption that viruses exist (as pathogens).

Once you understand how the body truly functions, you will realize that herbs and natural remedies are not “anti” anything.

During and after my period with cancer, I experimented with many herbs, foods, and plants. I cannot definitively say which one really made the difference, *except* for **graviola**. When I started taking an extract of it in powdered form, the tumor disappeared quite rapidly.

I do not like to use the word “supplement” as I have a different idea of what it actually means. Most people just use it loosely to encompass everything in a bottle, but there is a huge difference between whole foods that have been carefully processed to make them more digestible for people, and synthetic (vitamin) supplements or even isolated minerals in a bottle. For the sake of clarity, I utilize the word anyway; to prevent further confusion with the brief explanation I just gave to nuance my definition of it.

In this chapter, we will delve into the profound benefits of natural supplements, inspired by Prophetic medicine (*Ṭibb an-Nabawī*) and traditional healing practices like Ayurveda. These include cancer-reducing supplements, health-boosting herbs, detoxification aids, and supplements that address various pathogens.

It is vital to remember that the foundation of well-being lies in our dietary and lifestyle choices. Allāh states in the *Qur’ān*:

“And eat of what Allāh has provided for you (which is) lawful and good.” (5:88).

The emphasis on consuming pure, wholesome food is paramount in Islam.

11.1 Whole Food Supplements

1. Aloe Vera

- Aloe Vera, often referred to as a miracle plant, has been used for centuries for its healing properties. It contains vitamins, minerals, enzymes, and amino acids that accelerate wound healing, reduce inflammation, and protect against infections. The most powerful compound in Aloe Vera, acemannan, stimulates the bodily functions and has cancer-healing properties.

2. Turmeric (*Curcuma longa*)

- Known as a powerful inflammatory and oxidant soothing food, turmeric contains curcumin, which has been shown to inhibit cancer cell growth. It is widely used in South Asian cuisine.

3. Honey

- I am a huge honey-addict. I consume several teaspoons per day. Honey is a natural sweetener with numerous health benefits. It is mentioned in the *Qur'ān*:

“From their bellies comes a drink of varying color, wherein is healing for people. Indeed, in that is a sign for people who give thought.” (16:69).

Imām ibn al-Qayyim spoke about it extensively in *Ṭibb an-Nabawī*.

4. Ḥabbatu-s-Sawdā' (Black Seed)

- Also known as *Nigella sativa*, Black Seed is highly regarded in Islamic medicine. The Prophet ﷺ said,

*“In the black seed is healing for every disease except death.”*²⁰

5. Spirulina, Cilantro, and Chlorella

- Both Spirulina and Chlorella are nutrient-dense algae known for their detoxifying properties. They help bind to heavy metals and remove them from

²⁰ Ṣaḥīḥ Muslim | #2215

the body, supporting overall health and detoxification. Detoxification is crucial for maintaining health and preventing disease. The same applies to cilantro.

6. Triphala

- A traditional Ayurvedic formulation, Triphala consists of three fruits: Amla, Haritaki, and Bibhitaki. It is known for its oxidant-reducing properties and supports digestion and detoxification. Therefore, an excellent product to have against cancer.

7. Ashwagandha

- Ashwagandha is an herb that helps reduce stress and anxiety, improves stamina and strength, and supports overall well-being.

8. Black/Fermented Garlic

- Fermented garlic has enhanced oxidant-protective properties compared to regular garlic. It helps lower blood pressure, supports cardiovascular health, and boosts the overall being.

9. Graviola (Soursop)*

- Graviola, or Soursop, is known for its potential cancer-healing properties. It contains compounds that have been shown to kill cancer cells and boost health. This one is my absolute favorite!

10. Camu Camu

- Camu Camu is a fruit high in vitamin C and oxidant-reducing properties. It helps boost the bodily functions, reduce inflammation, and support overall health. I strongly recommend buying Camu Camu if you have cancer.

11. Black Wormwood

- Black Wormwood supports digestion and helps in cleansing the body of harmful pathogens.

12. Amla

- Amla, or Indian Gooseberry, is known for its high vitamin C content and

oxidant-reducing properties. It supports bodily function and overall health.

13. Milk Thistle

- Milk thistle is a powerful herb used to support liver health. It helps detoxify the liver and protect it from damage caused by toxins.

14. Moringa

Moringa is a leafy green plant known for its exceptional nutrient content. I highly encourage you to consider adding this remarkable plant to your diet.

Why? Moringa contains 10 times more vitamin A than carrots, 17 times more calcium than milk, 15 times more potassium than bananas, 25 times more iron than spinach, and 9 times more protein than yogurt. It also provides all essential amino acids, making it an extraordinary superfood.

15. Apricot Kernels

Imagine a remote valley enclosed by the majestic peaks of Northern Pakistan, where people routinely live beyond 100 years with boundless energy and robust health. This is no myth; this is the reality of the Hunzas. In the 1930s, a gentleman named Robert McCarrison, serving with the Indian Medical Service, discovered this extraordinary community. He found a people seemingly untouched by the diseases of the modern world—diabetes, obesity, heart disease, and cancer were virtually unknown.

Fast forward to the 1950s, and the curiosity of Dr. Ernest Krebs, a biochemist fixated on cancer, was fascinated by McCarrison's findings. Intrigued by the Hunzas' exceptional health, Dr. Krebs plunged into their dietary secrets. What he discovered was astonishing.

The Hunzas' diet was a harmonious blend of health-boosting foods: raw milk, occasional meat and bone broth, fresh grains, and vegetables. Their active, nomadic lifestyle ensured they remained fit. Yet, one dietary habit stood out—

their substantial consumption of apricot kernels.

Dr. Krebs identified a potent compound in these kernels: *amygdalin*. Known also as laetrile or vitamin B17, amygdalin was believed to possess remarkable cancer-healing properties. It sparked significant interest, especially in cancer treatment discussions, including breast cancer. Despite controversies and restrictions from food regulatory agencies in the West, the allure of apricot kernels persisted.

Understanding Amygdalin

Amygdalin is a naturally occurring compound present in over 1,200 edible plants, with apricot kernels being the richest source. When consumed, body enzymes break down amygdalin, releasing compounds that target and destroy cancer cells. This unique mechanism has been both celebrated and scrutinized within the medical community.

The Misunderstood Vitamin B17

Amygdalin, or vitamin B17, often suffers from misinformation and negative press. Yet, the historical and traditional use of apricot kernels for their nutritional and healing properties is well documented, particularly in regions abundant with apricot trees.

In ‘anti-cancer inner circles’, the general guideline is to consume one to two kernels per 5 kilograms of body weight daily. Thus, a person weighing 75 kilograms might eat between 15 and 30 apricot kernels each day. Some cancer patients consume even more. Despite fears, apricot seeds are generally safe. While internet searches may raise alarms about cyanide in apricot kernels, there are no well-documented cases of fatalities from eating them. Rather, pharmaceutical drug reactions claim lives *daily*.

For therapeutic purposes, an advanced dose of three to four kernels per 5 kilograms of body weight is suggested, equating to 45 to 60 kernels per day for a 75-kilogram individual. It is best to start with 5-10 kernels on the first day and

gradually increase the intake. They can be consumed with meals or between meals.

However, apricot kernels are very bitter. Though you may be tempted to spit them out, you have to keep chewing and swallowing them. Honestly, I hated their taste. Nevertheless, when I roasted the kernels, the taste became more palatable. Some people follow it up with juice or include them in a meal or smoothie. Personally, I got used to the taste and ate 25 in one go and moved on with my day. Overconsumption may cause a stomachache. If this occurs, reduce your intake or try eating them with meals instead of on an empty stomach. For further reading, I advise you to read G.Edward Griffin's classic book *World Without Cancer: The Story of Vitamin B17*.

11.2 Teas

1. Green Tea

- Rich in catechins, green tea has been associated with a lower risk of several cancers and overall mortality. It supports cardiovascular health and boosts metabolism. Regular consumption of green tea is beneficial for overall health, despite its (low) caffeine content.

2. Dandelion Root Tea

- Dandelion root tea is known for its detoxifying properties and ability to support liver health. It has been shown to kill cancer cells without harming healthy cells.

3. Hibiscus Tea

- Hibiscus tea is rich in oxidant-reducing characteristics and has cancer-protective properties. It helps lower blood pressure and supports heart health.

Chapter 12: Water Fasting: A Truly Remarkable Treatment

Introduction

Water fasting, the practice of abstaining from all foods and drinks except water, has garnered attention for its potential health benefits, including weight loss, improved metabolic health, enhanced mental clarity, and even potential cancer-healing effects. To maximize the benefits and minimize the risks, it is crucial to prepare properly. Additionally, the inspiring stories of imām Moḥammad Nāṣir-ud-Dīn al-Albānī and my personal experience will be included to illustrate the benefits and challenges of extended water fasting.

12.1 Hydration Before Fasting

- **Explanation:** Proper hydration before starting a water fast ensures that the body can function optimally during the fasting period. Hydration is essential as it helps maintain bodily functions and prevents dehydration.
- **Example:** Drinking adequate water, herbal teas, and consuming water-rich fruits such as watermelon, cucumbers, oranges, and strawberries in the days leading up to the fast.

12.2 Gradual Reduction of Food Intake

- **Explanation:** Gradually decreasing food intake helps the body adjust to the fasting state, reducing potential side effects such as headaches and fatigue.
- **Example:** Slowly transitioning from regular meals to smaller portions, and then to easily digestible foods.

12.3 Balanced Nutrition Prior to Fasting

- **Explanation:** Consuming a well-balanced diet before fasting ensures that the body has sufficient nutrients to support itself during the fasting period.
- **Example:** Incorporating a variety of fruits, vegetables, lean proteins, and healthy fats.

12.4 Reducing Carbohydrates Intake

- **Explanation:** Lowering carbohydrate consumption before fasting can help stabilize blood sugar levels and ease the transition into ketosis.
- **Example:** Replacing refined carbohydrates with whole grains and fiber-rich vegetables such as broccoli, spinach, Brussels sprouts, and carrots.

12.5 Increasing Healthy Fats

- **Explanation:** Consuming more healthy fats before fasting can provide a more sustained energy source and help in entering ketosis.
- **Example:** Including avocados, nuts, seeds, and olive oil in the diet.

12.6 Electrolyte Balance

- **Explanation:** Maintaining electrolyte balance is critical to avoid imbalances that can cause cramps, dizziness, and fatigue.
- **Example:** Using natural sources such as coconut water, Himalayan salt, and bone broth.

12.7 Mental Preparation

- **Explanation:** Mental readiness is essential for successful fasting, including setting clear intentions and understanding the potential challenges.
- **Example:** Practicing mindfulness and meditation to build mental resilience.

12.8 Physical Activity Adjustment

- **Explanation:** Adjusting physical activity levels can help conserve energy and reduce the risk of overexertion.
- **Example:** Engaging in light exercises such as push-ups, squats without much weight, and horse stance instead of intense workouts.

12.9 Sleep Optimization

- **Explanation:** Ensuring adequate sleep before fasting helps in recovery and maintaining overall health.
- **Example:** Establishing a consistent sleep schedule and creating a restful environment, including taking naps.

12.10 Avoiding Toxins

- **Explanation:** Reducing exposure to toxins can help the body detoxify more efficiently during fasting. This includes avoiding not only physical toxins but also toxic people, thoughts, and emotions, which can negatively influence mental and physical health.

- **Example:** Eliminating processed foods, alcohol, and caffeine from the diet; distancing oneself from negative individuals or stressful situations; practicing positive thinking and emotional regulation techniques such as deep breathing or journaling or simply *Dhikr* (remembrance of Allāh).

12.11 Some Benefits

Research suggests that water fasting may have cancer-protective elements by reducing inflammation, enhancing autophagy (the body's process of cleaning out damaged cells), and potentially lowering the risk of cancer cell growth.

12.12 The Story of Imām Moḥammad Nāṣir-ud-Dīn al-Albānī

He visited a doctor by the name Sa'īd, a distinguished family doctor in Damascus, for a check-up. Dr. Sa'īd, who had a detailed record of his patients' health, found that three of the four centers of imām al-Albānī's heart sounded abnormal. Through persistent medical supervision and adjustments in treatment, Dr. Sa'īd managed to improve one center, but the other two remained problematic.

After reading a book on therapeutic fasting, imām al-Albānī decided to rely on fasting to restore his health fully. Determined to prove the benefits of water fasting, imām al-Albānī continued his regimen. Remarkably, by the end of his forty-day fast, he had lost twenty kilograms and felt significantly better. His heart and intestinal issues had resolved, and he could perform physical tasks, such as climbing stairs, without the fatigue and tremors he previously experienced.

Imām al-Albānī once recounted an extraordinary experience with water fasting, which serves to dispel myths and provide a testament to the benefits of this practice. During a period of intense devotion, he lived on drops of water for forty consecutive days. Despite regular travels from Damascus to northern Syria,

including Aleppo and Latakia, he maintained his fast.

On one such journey, the bus stopped at a terminal in Homs. The enticing aroma from nearby fried food stalls, selling falafel and grilled meats, tested his resolve. Despite the overpowering desire to eat, he remained patient and continued his fast. Upon reaching Idlib, his friends, many of whom were medical students, were astonished by his physical transformation and expressed disbelief when he told them he had been fasting solely on water.

Inspired by his recovery, an acquaintance of imām al-Albānī who suffered from intermittent insanity decided to try fasting. After completing three stages of forty-day fasts, he experienced significant improvement and became an advocate for therapeutic fasting. Another case involved a bedridden woman, who, after fasting for three days on water, was able to get up and move independently.

12.13 My Personal Story

When I was diagnosed with cancer, I weighed around 83 kg, which is not much for someone who is 1.90m tall. I always struggled with my weight; gaining weight was difficult for me, but losing weight was almost effortless. Initially, I did not start with water fasting. I first reduced my food intake over several months before beginning water fasting. The pre-fasting and fasting period lasted five months in total, during which I lost 26 kilograms, bringing my weight down to 67 kg! Despite the drastic weight loss, this process helped me tremendously. Subsequently, I decided to gain weight again. Interestingly, my body seemed to have changed permanently, making weight gain easier than ever. Within a couple of years, I managed to increase my weight from 67 kg to 93 kg.

12.14 Who Should Avoid Water Fasting

While many people can benefit from extended water fasting, there are certain individuals for whom it may not be appropriate. These include:

- **Individuals with Eating Disorders:** Water fasting can intensify underlying eating

disorders and lead to unhealthy behaviors.

- **Pregnant Women:** Fasting can deprive both the mother and developing fetus of essential nutrients needed for healthy growth.
- **Nursing Moms and Newborns:** Nutrient demands are higher during breastfeeding, and fasting can affect milk production and quality.
- **Young Children:** Children's bodies are still developing, and fasting can hinder their growth and development.
- **Individuals with Type I Diabetes:** Fasting can lead to dangerous fluctuations in blood sugar levels.
- **Extreme Athletes Who Are in Season:** These individuals require higher energy and nutrient intake to support their intense physical activity.
- **Individuals Who Are Severely Underweight:** Fasting can exacerbate malnutrition and lead to further health complications.
- **Individuals Who Are on Medications:** Especially those on diabetes medication, anti-seizure meds, and corticosteroids, as fasting can influence blood sugar levels and interact with these medications.

Conclusion

Proper preparation for water fasting is essential to maximize its benefits and minimize potential risks. By following these strategies, people can ensure a safer and more effective fasting experience. Integrating these practices not only enhances physical health but also supports mental well-being, aligning with holistic approaches to health and wellness.

Implementing these strategies can lead to improved health outcomes such as weight management, better metabolic health, enhanced mental clarity, and potential cancer prevention and reduction.

The stories of imām Moḥammad Nāṣir-ud-Dīn al-Albānī and my own experience underscore the profound benefits and resilience possible through this practice.

Chapter 13: No Sugarcoating the Truth

Introduction

Visualize biting into a crisp apple, enjoying its natural sweetness. Now, compare that with a spoonful of refined sugar – sweet but lacking the vitality of the fruit. The tale of sugar involves two distinct types: raw/natural and refined/processed.

13.1 Understanding Sugar

Sugar itself is not inherently harmful. It is a fundamental carbohydrate, consisting of glucose and fructose, the same sugars that naturally sweeten fruits and vegetables. There's also lactose in milk and sucrose in sugarcane and beets, which are integral parts of our diets.

13.2 The Hazards of Refined Sugar

However, refined sugar, stripped of its natural companions, tells a different story. This version, derived from sugarcane or beet juice, lacks nutrients and has been linked to numerous health issues. Consider it like feeding your car dirty fuel – refined sugars disrupt our body's insulin production, leading to serious conditions like diabetes, tuberculosis, asthma, cancer, tooth decay, and a host of other health problems. They also interfere with the absorption of essential minerals such as calcium and magnesium, which are vital for our health.

13.3 Nature's Sweetness

On the other hand, natural sugars found in fruits come with fibers that regulate the release of sugar into our bloodstream, ensuring a steady, manageable energy supply. The fructose in a juicy peach or a delicious berry is wrapped in a package of minerals, water, and fiber, making it a wholesome delight.

13.4 The Preservative Deception

Refined sugar is not truly food; it is a preservative. It has been added to our diets, pretending to be an energy source but offering nothing beneficial in return.

13.5 Moving Forward

So, what's the solution? It is straightforward: limit or eliminate the intake of “free sugars” – those dangerous additions to our food and drinks. Enjoy the natural sweetness of whole foods, where every bite or sip is a step towards better health. Opt for fresh produce, where the sugars are balanced with fibers and nutrients, nourishing your body as intended by Allāh.

A Sweet Conclusion

Hence, it is not about banishing sugar but making wise choices. Let the natural sweetness of wholesome foods be your guide, and avoid the empty allure of refined sugars. Your body, your health, and your future self will be grateful for it.

Chapter 14: Ruqyah: An Islamic Healing Practice

Introduction to Ruqyah

Ruqyah is a form of spiritual healing in Islam, primarily involving the recitation of specific verses from the *Qur'ān*, supplications (*Ad'iyah*), and prophetic traditions (*Aḥādīth*) for the purpose of seeking Allāh's protection and healing. It is a practice deeply rooted in the Islamic tradition and is used to address various ailments, both physical and spiritual.

14.1 Etymology and Historical Context

The term “*Ruqyah*” (رُقْيَة) is derived from the Arabic root “ر-ق-ي” (r-q-y), which means *to ascend* or *to heal* among several other meanings. Historically, *Ruqyah* has been practiced since the time of the Prophet Moḥammad ﷺ, who used and recommended it as a means of seeking Allāh's help against afflictions like illness, 'Ayn (evil eye), *Siḥr* (magic), *Junūn* (Jinn possession), as well as more physical ailments like bodily pain.

14.2 Foundational Texts

The basis of *Ruqyah* is found in several Qur'ānic verses and *Aḥādīth* (Prophetic narrations) Notable examples include:

- 1. Surah Al-Fātiḥah (1:1-7):** Often referred to as the “Opening” chapter of the *Qur'ān*, it is recited for protection and healing.
- 2. Surah Al-Baqarah (2:255):** The verse of the Throne (*Āyah al-Kursī*) is renowned for its protective properties.
- 3. Surah Al-Falaq (113) and Surah An-Nās (114):** These chapters are specifically recited for seeking refuge from evil forces.
- 4. Ḥadīth References:** The Prophet Moḥammad ﷺ taught various supplications and methods of *Ruqyah*, emphasizing reliance on Allāh and recitation of specific prayers and incantations.

14.3 Types of Ruqyah

- 1. Ruqyah ash-Shar'īyah:** This is the legitimate and recommended form, strictly adhering to Qur'ānic verses and authentic *Aḥādīth*. It involves reciting these texts with the intention of invoking Allāh's help.
- 2. Ruqyah al-Muḥarramah:** This refers to practices involving non-Islamic elements, such as charms, amulets, spells, hypnosis, or invoking other than Allāh, which are strictly prohibited in Islam.

14.4 Methodology:

- 1. Purity and Intention:** The practitioner (often a scholar or a devout Muslim) must be sincere, as well as the afflicted one. However, it is not necessary to ask someone to perform Ruqyah on you. In fact, it is even better to do it yourself.
- 2. Recitation:** Specific verses and supplications (*Ad'iyah*) are recited clearly and audibly. The afflicted person listen attentively.
- 3. Blowing and Touching:** Often, the reciter will blow lightly over water, oil, or directly onto the person after reciting the verses. This is sometimes accompanied by touching the afflicted area.

For further reading, consider exploring the following works:

Eleven Ways to Perform Ruqyah on Yourself for Sickness, Evil-Eye, Possession, Madness and Magic - Shaykh Abū Khadījah 'Abd al-Wāḥid Alam (Free e-book)

Magic and its Cures in Light of the Qur'ān and Sunnah: Magicians, Devils, Jinn, Soothsayers and Ruqyah - Shaykh Abū Khadījah 'Abd al-Wāḥid Alam (Free e-book)

The Legislated Ruqyah Between Revelation & Implementation – Shaykh Falāḥ b. Ismā'īl Mandakār (Authentic Statements)

Invocations & Ruqyahs – Sa'īd ibn 'Alī ibn Wahf al-Qaḥṭānī (Dār al-Makkah International)

I extracted the following narrations from Chapter 5 of the e-book Eleven Ways to Perform Ruqyah on Yourself for Sickness, Evil Eye, Possession, Madness, and Magic by Shaykh Abū

Khadījah ‘Abd al-Wāḥid Alam. I slightly modified the transliterations and the titles of the referenced books.

‘Uthmān ibn Abī al-‘Āṣ complained to Allāh’s Messenger ﷺ of a pain that he felt in his body from the time he had become Muslim. Thereupon Allāh’s Messenger said, “Place your hand at the place where you feel pain in your body and say three times:

بِسْمِ اللَّهِ

Bismillāh. (In the name of Allāh).

Then say seven times:

عُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

A‘ūdhu billāhi wa qudratihi min sharri ma ajidu wa-uḥādhiru.

I seek refuge with Allāh and with His Power from the evil that I find and fear.”

{Ṣaḥīḥ Muslim 2202}

Anas Ibn Mālik said that Allāh’s Messenger ﷺ said, “When you suffer from some ailment, place your hand at the place of the ailment, then say:

بِسْمِ اللَّهِ أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ مِنْ وَجَعِي هَذَا

Bismillāh, A‘ūdhu bi ‘izzatillāhi wa qudratihi min sharri mā ajidu min waja‘ī hādḥā.

In the name of Allāh, I seek refuge in Allāh’s Might and Power from the evil of this pain I feel. Then lift your hand and repeat it an odd number of times.”

{Sunan/Jāmi‘ at-Tirmidhī nr.3588 | Silsilatu-l-Aḥādīth aṣ-Ṣaḥīḥah nr. 1258}

The Prophet ﷺ also said:

“Place your right hand on the place you feel the pain and wipe it seven times saying:

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ

A‘ūdhu bi ‘izzatillāhi wa qudratihi min sharri mā ajidu— with every wipe.’

{Silsilatu-l-Aḥādīth aṣ-Ṣaḥīḥah nr 1415 | Ṣaḥīḥ al-Jāmi‘ aṣ-Ṣaghīr wa-Ziyādātuh nr. 3894}

‘Ā’ishah stated that “When any person amongst us fell ill, Allāh’s Messenger ﷺ would wipe him with his right hand and then say:

أَذْهَبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

Adh-hibil-ba’s rabban-nās, washfi anta ash-Shāfi, lā shifā’ illā shifā’uka shifā’ lā yughādir saqaman

“Remove the harm, O Lord of the people! Heal, for you are the Healer. There is no healing that avails except your healing. A healing that leaves behind no ailment).” {Ṣaḥīḥ Muslim nr.2191}

Chapter 15: An Ancient Practice with Modern Relevance

Introduction

Hijāmah, also known as *cupping therapy*, is a time-honored practice rooted in Islamic tradition and widely recognized for its therapeutic benefits.

15.1 Historical Significance and Religious Endorsement

Hijāmah is deeply embedded in Islamic tradition, endorsed by the Prophet Moḥammad ﷺ as a beneficial practice for health. In fact, he considered it one of the best remedies out there. Numerous *Aḥādīth* (prophetic narrations) highlight its virtues, making it a recommended act to do.

15.2 Ancient Wisdom

The practice of *Hijāmah* dates back over 5,000 years, with evidence found in ancient Egyptian, Chinese, and Middle Eastern texts. This long-standing historical usage underscores its time-tested efficacy.

15.3 Physiological Benefits and Mechanisms

- **Detoxification:** *Hijāmah* aids in the removal of toxins and waste products from the body. By drawing out stagnated blood, it helps in purifying the bloodstream and promoting overall health.
- **Enhanced Circulation:** The suction created during *Hijāmah* stimulates blood flow, enhances microcirculation, and oxygenates tissues, which can aid in faster healing and rejuvenation.
- **Pain Relief:** It has been observed that *Hijāmah* can be effective in alleviating chronic pain conditions, such as migraines, lower back pain, and rheumatic diseases, by inhibiting pain perception.

15.4 Safety and Low Risk of Side Effects

- **Minimally Invasive:** *Hijāmah* is a minimally invasive procedure with a relatively low risk of adverse effects when performed by trained practitioners. Proper hygiene and sterilization techniques further mitigate any potential risks.
- **Natural Therapy:** Unlike pharmacological treatments that often come with a myriad of side effects, *Hijāmah* offers a natural and holistic approach to health without introducing foreign chemicals into the body.

15.5 An Effective Tool to Obtain Equilibrium

The practice of *Hijāmah* aligns with the principles of holistic health, aiming to restore balance within the body's systems, promoting overall well-being, and preventing disease rather than merely treating symptoms.

I undergo *Hijāmah* sessions frequently at my therapist's clinic. During my time with cancer, I even went every month to speed up the recovery process.

15.6 Detoxification and Enhanced Circulation

The process involves creating a vacuum on the skin, which draws blood to the surface and facilitates the removal of impurities. By improving circulation, it ensures that oxygen and nutrients are efficiently delivered to tissues, promoting healing and vitality.

15.7 Universal consensus

Consider *Hijāmah* as your body's maintenance service. Just like a car needs regular oil changes to run smoothly, your body benefits from periodic detoxification and circulation boosts. If *Hijāmah* was good enough for royalties among the ancient Egyptian pharaohs and Chinese emperors, it is certainly worth considering for modern wellness.

Chapter 16: The Hidden Dangers of Detergents

Introduction

Household detergents are ubiquitous in our daily lives, promising to keep our homes and clothes clean and fresh. However, beneath the surface of these cleaning agents lies a plethora of health and environmental risks.

16.1 Chemical Composition and Toxicity

Household detergents contain a cocktail of chemicals, including phosphates, surfactants, fragrances, and preservatives. These substances, while effective at cleaning, pose significant health risks.

- **Phosphates:** Used to soften water and enhance cleaning, phosphates can cause skin irritation and respiratory issues.
- **Surfactants:** *Sodium lauryl sulfate* (SLS) for example, is effective in breaking down grease but strips away natural oils from the skin, leading to dryness, irritation, and allergic reactions.
- **Fragrances:** Often undisclosed mixtures of chemicals, fragrances can cause asthma and other respiratory issues.

16.2 Environmental Impact and Bioaccumulation

Detergents contribute significantly to environmental pollution. When we wash these detergents down the drain, they do not just disappear. Phosphates enter water bodies and act as fertilizers for algae, causing excessive growth that depletes oxygen and kills fish. Moreover, persistent pollutants from detergents can bioaccumulate in the food chain, posing long-term health risks to humans, including hormonal disruptions and increased cancer risk.

16.3 The Threat of Nonylphenol Ethoxylates (NPEs) to Health and Environment

Then you have *nonylphenol ethoxylates* (NPEs). These endocrine disruptors persist in the environment and bioaccumulate in the food chain, causing hormonal imbalances, reproductive issues, and increased cancer risk.

16.4 Health Effects of Volatile Organic Compounds (VOCs)

Many detergents release VOCs into the air, which are easily inhaled during use. These compounds can cause immediate symptoms such as headaches, dizziness, and respiratory irritation. More alarmingly, prolonged exposure to VOCs has been linked to serious health problems including liver and kidney damage, and central nervous system disorders. The irony? In our pursuit of cleanliness, we may be poisoning ourselves.

16.5 Natural and Non-Toxic Cleaning Solutions

To mitigate the risks associated with conventional detergents, consider switching to natural and non-toxic cleaning alternatives. These options are not only safer for your health but also environmentally friendly.

- **Baking Soda:** Excellent for deodorizing and scrubbing surfaces without harmful chemicals.
- **Vinegar:** A natural disinfectant that can effectively clean glass, counters, and floors.
- **Castile Soap:** Typically created from a blend of vegetable oils, with olive oil traditionally being predominant. Modern formulations may also incorporate oils like coconut, hemp, and jojoba, chosen for their moisturizing and cleansing qualities. This soap is gentle on the skin and biodegradable, formulated with water to dissolve oils and create the soap solution. Many Castile soaps include essential oils such as lavender, peppermint, and tea tree for added fragrance and therapeutic benefits.
- **Lemon Juice:** Its acidic nature makes it a powerful cleaner for cutting through

grease and stains.

- **Essential Oils:** These can be added to natural cleaners for a pleasant scent.

Conclusion

The irony of scrubbing your home clean and washing your clothes with toxic chemicals should not be lost on you. It is like trying to cure a headache by banging your head against the wall. These products are marketed as saviors of cleanliness, but they are more like wolves in sheep's clothing.

Imagine using a detergent that leaves a residue on your dishes; every meal you eat is filled with a dash of toxins or consider washing your baby's clothes with a detergent that irritates their delicate skin—it is like wrapping them in a blanket of nettles. These vivid analogies illustrate the everyday dangers posed by common detergents.

By switching to safer, natural alternatives, we can protect our health and the environment while still maintaining a clean and fresh home. The choice is clear—opt for safety and sustainability over convenience and chemical exposure.

With this clear understanding of the dangers associated with common detergents, it is time to reconsider what we use to clean our homes. The risks are clear, and the solutions are within reach. Therefore, if you suffer from cancer, this information should provide added motivation to eliminate these detergents from your home.

Chapter 17: Natural Fabrics: A Paradigm Shift

Introduction

Have you ever considered how the very fabric of our lives—literally, the clothes we wear and the sheets we sleep on—affects our health? This revelation struck me recently, compelling a reevaluation of wellness practices. Imagine your skin resting against materials derived from plastic, like polyester, which can harbor chemicals and microplastics, every night. Now, think about the soothing touch of natural fabrics like cotton, linen, and hemp, in contact with your skin with their purity and breathability. The difference is not just tangible but profoundly impactful on our well-being.

17.1 Why Natural Fabrics Matter

1. Chemical Exposure and Health Risks

Synthetic fabrics, such as nylon, are often treated with chemicals during manufacturing. These chemicals can leach into your skin, potentially causing allergic reactions, skin irritations, and even disrupting endocrine functions. Natural fabrics, by contrast, are less likely to harbor such harmful substances, reducing your exposure to these chemicals.

2. Breathability and Comfort

Natural fabrics like cotton, linen, and hemp are praised for their breathability. These materials allow air to circulate freely, reducing the risk of skin conditions such as rashes and fungal infections. For instance, cotton's ability to absorb moisture makes it ideal for keeping the skin dry and comfortable, a stark contrast to the moisture-retaining properties of many synthetic fabrics.

3. Thermal Regulation

Natural fabrics have superior thermal regulation properties. Linen, for example, is known for its ability to keep you cool in the summer and warm in the winter. This is due to its natural fibers, which absorb moisture and allow your skin to

breathe, maintaining a comfortable temperature regardless of external conditions.

17.2 Historical Wisdom and Tradition

This choice aligns with our tradition, as the medieval, wise Muslim scholar, Abū al-‘Āliyah Rafī b. Mihrān ar-Riyāḥī, once said: “When you buy something, buy the best quality of it (according to your ability).” *Ṭabaqātu-l-Ḥanābilah*, 415/1

17.3 Investment in Health

Certainly, natural fabrics may cost more, but they are a worthwhile investment. This is not just about immediate comfort; it’s about fostering a lifestyle that promotes long-term health and vitality. Transitioning to natural fabrics is like giving your body a breath of fresh air, allowing your skin to detoxify and rejuvenate naturally.

17.4 Practical Steps to Transition

1. Start Small

Begin with small changes. Replace your pillowcases with cotton ones or try a linen shirt for your next outing. Notice the difference in how your skin feels and how your body responds. These small, mindful changes can accumulate into significant health benefits over time.

2. Observe the Benefits

Picture yourself wrapped in a linen sheet on a warm summer night, the fabric’s natural fibers pulling away moisture and keeping you cool, its soft touch a gentle reminder of nature’s purity. These experiences are not just about comfort; they symbolize a return to what is essential for our health.

3. Commit to the Change

Commit to integrating more natural fabrics into your life. This is not merely a superficial change; it is a stand for your health. Choose fabrics that nourish and

protect you. It is not just about what looks good—it is about what feels good, deep within.

Conclusion

The transition to natural fabrics is a simple yet profound step towards improved health. It reflects a deeper understanding of the interplay between our environment and our well-being. By choosing natural fabrics, we align ourselves with a tradition of quality and health, fostering a lifestyle that is both mindful and nurturing. Switch to natural fabrics and notice the difference in every fiber of your being.

Chapter 18: Lessons from Influential Writers

Introduction

Have you ever wondered how the greatest minds throughout history have approached the art of healing and self-improvement? I have immersed myself in the wisdom of many brilliant physicians, nutritionists, and scholars, each offering a unique perspective on health, wellness, and the human spirit. Though not all of them specialized in the field of cancer, their insights provide profound guidance that transcends specific ailments.

18.1 Holistic Insights from Western Scholars and Health Practitioners

Let me introduce you to a series of influential figures whose writings have significantly shaped my understanding of health and well-being over time:

1. **Max Gerson** - Pioneer of holistic cancer treatment.
2. **Russel T. Trall** - Advocate of natural hygiene.
3. **Henry Lindlahr** - Proponent of naturopathic medicine.
4. **John H. Tilden** - Critic of the germ theory.
5. **Herbert M. Shelton** - Promoter of natural health and fasting.
6. **Ulric Williams** - Early 20th-century naturopath.
7. **Bernard Jensen** - Expert in tissue cleansing and detoxification.
8. **Norman W. Walker** - Juicing and raw foods enthusiast.
9. **Hippocrates** - The father of medicine, whose principles still resonate today.
10. **Andrew Kaufmann** - Contemporary critic of mainstream medical practices.
11. **Rudolf Steiner** - Founder of anthroposophical medicine.
12. **Isaac Jennings** - Early advocate of drugless healing.
13. **Robert S. Mendelsohn** - Outspoken pediatrician and anti-vaccinationist.
14. **Dr. Tom Cowan** - Integrative physician and author.
15. **Sally Fallon** - Advocate of traditional diets and nutrition.
16. **Claudius Galenus (Galen)** - Influential ancient physician.
17. **Robert Morse** - Specialist in cellular detoxification.
18. **Abū 'Alī ibn Sīnā (Avicenna)** - Polymath and author of 'The Canon of Medicine'.

19. **Dawn Lester** - Co-author of 'What Really Makes You Ill?'
20. **Daniel Roytas** - Holistic health practitioner and founder of *Humanley*.
21. **Harvey Bigelsen** - Pioneering bio terrain medicine.
22. **Arthur Firstenberg** - Critic of wireless technology's health impacts.
23. **Walter B. Cannon** - Early 20th-century physiologist.
24. **Weston A. Price** - Researcher of traditional diets & dentist.
25. **Juliette de Baïracli Levy** - Herbalist and pioneer in natural animal care.
26. **Stephen Young** - Contemporary Advocate of alternative health practices.
27. **T.C. Fry** - Promoter of the natural hygiene movement.
28. **Marc & Samantha Bailey** - Authors focused on holistic health.
29. **Antoine Béchamp** - Proponent of the terrain theory.
30. **Barbara O'Neill** - Health educator and nutritionist.
31. **Mike Stone (Viroliegy)** - Critic of virology.
32. **Stefan Lanka** - Controversial virologist and biologist.
33. **Andrew Kaufmann** - Natural healing consultant and forensic psychiatrist.

18.2 Spiritual and Holistic Insights from Muslim Scholars

In addition to these people, I have drawn deeply from the spiritual wisdom of esteemed Muslim scholars. Their teachings have enriched my understanding of not just physical health, but also the purification of the soul and the mind. These scholars have written extensively on bodily health, nutrition, and spiritual well-being:

1. **Imām ibnu-l-Qayyim** - Renowned for his work on spiritual and physical healing.
2. **Shaykhu-l-Islām ibn Taymīyah** - Influential Islamic theologian.
3. **Imām ‘Abd al-Ghanī b. ‘Abd al-Wāḥid al-Maqdisī** - Esteemed Muslim scholar
4. **Imām ibnu-l-Jawzī** - Prolific author on Islamic spirituality.
5. **Imām adh-Dhahabī** - Scholar of Islamic medicine, biographer and more.
6. **Imām as-Suyūṭī** - Author of works on prophetic medicine as well as the *Qur’ān*.
7. **Imām Abū Bakr b. Abī ad-Dunyā** - Scholar focused on ethics and morals.
8. **Imām ibn Rajab al-Ḥanbalī** - Known for his works on asceticism and piety.
9. **Shaykh ‘Abd ar-Raḥmān b. Nāṣir as-Sa’dī** - Prominent modern-day scholar.
10. **Shaykh Abū ‘Iyāḍ Amjad Rafīq** - Contemporary Islamic scholar and biochemist.

By exploring the diverse insights of these thinkers and scholars, I have come to understand the deep connection between the body, mind, and spirit. Their teachings weave together a collection of wisdom that serves as a comprehensive guide to living a healthy, fulfilling life. While I may not agree with everything these individuals believe, their combined wisdom has played a crucial role in my journey of learning and development. I do not fanatically defend anyone; my complete devotion in following is reserved solely for Allāh and His Prophet ﷺ.

Chapter 19: Bookworm, I Am

Introduction

The books I have acquired over the years are numerous. Here, I present a comprehensive list of essential works that encompass various aspects of health and spiritual refinement. These books offer detailed insights into understanding the human body, challenging conventional medical misconceptions, and fostering spiritual and emotional well-being. The book lists are organized into two main sections: *Health & Medicine*, and *Spiritual Refinement*.

Health & Medicine

1. *Doctors Are More Harmful Than Germs: How Surgery Can Be Hazardous to Your Health—And What to Do About It* by Harvey Bigelsen, MD
2. *Can You Catch a Cold? Untold History & Human Experiments* by Daniel Roytas, foreword by Dr. Samantha Bailey
3. *The Truth About Contagion: Exploring Theories of How Disease Spreads* by Thomas S. Cowan, MD, and Sally Fallon Morell
4. *What Really Makes You Ill? Why Everything You Thought You Knew About Disease is Wrong* by Dawn Lester and David Parker
5. *Nature Cure* by Henry Lindlahr
6. *Tissue Cleansing Through Bowel Management* by Bernard Jensen, DC, PhD, Nutritionist, coauthored with Sylvia Bell
7. *Human Heart, Cosmic Heart: A Doctor's Quest to Understand, Treat, and Prevent Cardiovascular Disease* by Thomas Cowan, MD
8. *The Final Pandemic: An Antidote to Medical Tyranny* by Dr. Mark Bailey & Dr. Samantha Bailey, foreword by Prof. Tim Noakes
9. *Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health* by Prof. Arnold Ehret
10. *Toxemia Explained: The True Interpretation of the Cause of Disease* by Dr. J. H. Tilden, MD
11. *Terrain Therapy: How to Achieve Perfect Health Through Diet, Living Habits & Divine Thinking from the wisdom of Dr. Ulric Williams*, with foreword and updates by Dr.

Samantha Bailey

12. *The True Healing Art: Or, Hygienic vs. Drug Medication* by Russell Thacker Trall

13. *The Invisible Rainbow: A History of Electricity and Life* by Arthur Firstenberg

14. *Norman Walker's Colon Health* by Dr. Norman Walker

15. *Virus Mania: How the Medical Industry Continually Invents Epidemics, Making Billion-Dollar Profits at Our Expense* by Torsten Engelbrecht, Claus Köhnlein, Samantha Bailey, and Stefano Scoglio

16. *Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases* by Charlotte Gerson

17. *The Science and Fine Art of Fasting* by Dr. Herbert M. Shelton

18. *The Canon of Medicine* by Abū 'Alī ibn Sīnā (Avicenna)

19. Sally Fallon Morell, co-founder of the Weston A. Price Foundation, has authored several notable books focusing on traditional diets and nutrient-dense foods. Some of her prominent works include:

1. *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition*

2. *Nourishing Broth: An Old-Fashioned Remedy for the Modern World*

3. *The Good Fat Diet: Lose Weight and Feel Great with the Delicious, Coconut Diet*

Spiritual Refinement

In terms of Islamic literature regarding spiritual refinement, inner self, character reformation, and the affairs of the soul and heart, there are numerous books in English that I recommend.

Shaykh Abū Suhailah 'Umar Quinn has published several notable books, primarily focusing on spiritual refinement. Some of his key publications include:

1. *Fleeing to Allāh: The Salaf and the Journey of Inner Growth*

2. *The Miracle of the Qur'ān: And Its Amazing Effect on the Heart*

3. *Winning the War Within: The Heart, the Self, Angels & Devils*

Other significant works in this domain include:

1. *The Disease and The Cure* by Imām Ibnu-l-Qayyim (Hikmah Publications)

2. *Purification of the Heart: Its Diseases and Cures* by Imām Ibnu-l-Qayyim (Hikmah Publications)

3. *The Devil's Deceptions (Talbīs Iblīs)* by Imām 'Abd ar-Raḥmān b. 'Alī b. Moḥammad ibn al-Jawzī (Dār as-Sunnah Publisher)
4. *Trials and Tribulations: The Wisdom and Benefits* by Imām Moḥammad b. Abī Bakr al-Qayyim al-Jawzīyah (Dār as-Sunnah Publisher)
5. *The Relief from Distress: An Explanation to the Du'ā' of Yūnus* by Shaykhu-l-Islām Aḥmad b. 'Abd al-Ḥalīm ibn Taymīyah (Dār as-Sunnah Publisher)
6. *Diseases of the Hearts and Their Cures* by Shaykhu-l-Islām Aḥmad b. 'Abd al-Ḥalīm ibn Taymīyah (Dār as-Sunnah Publisher)
7. *Remembrance of the Most Merciful* by Imām Moḥammad b. Abī Bakr al-Qayyim al-Jawzīyah (Dār as-Sunnah Publisher)
8. *Awaking from the Sleep of Heedlessness* by Imām 'Abd ar-Raḥmān b. 'Alī b. Moḥammad ibn al-Jawzī (Dār as-Sunnah Publisher)
9. *Disciplining the Soul* by Imām 'Abd ar-Raḥmān b. 'Alī b. Moḥammad ibn al-Jawzī (Dār as-Sunnah Publisher)
10. *Disturber of the Hearts* by Imām 'Abd ar-Raḥmān b. 'Alī b. Moḥammad ibn al-Jawzī (Dār as-Sunnah Publisher)
11. *Seeds of Admonishment and Reform* by Imām 'Abd ar-Raḥmān b. 'Alī b. Moḥammad ibn al-Jawzī (Dār as-Sunnah Publisher)
12. *The Journey to Allāh* by Imām 'Abd ar-Raḥmān b. Aḥmad ibn Rajab (Dār as-Sunnah Publisher)
13. *The Refinement of Character* by Imām 'Abd al-Ghanī b. 'Abd al-Wāḥid al-Maqdisī (Dār as-Sunnah Publisher)
14. *Purification of the Soul* by Imām 'Abd al-Ghanī b. 'Abd al-Wāḥid al-Maqdisī (Dār as-Sunnah Publisher)
15. *Discipline: The Path to Spiritual Growth* by Imām 'Abd al-Ghanī b. 'Abd al-Wāḥid al-Maqdisī (Dār as-Sunnah Publisher)
16. *8 Steps to Happiness* by 'Allāmah 'Abd ar-Raḥmān b. Nāṣir as-Sa'dī (Dār as-Sunnah Publisher)
17. *Nourishment of the Hearts & Relief of Sorrows* by 'Allāmah Fayṣal b. 'Abd al-'Azīz Āl Mubārak (Authentic Statements)
18. *Healing with the Medicine of the Prophet* by Imām Moḥammad b. Abī Bakr al-Qayyim al-Jawzīyah (Darussalam Publishing)
19. *Gardens of Purification* by Shaykhu-l-Islām Aḥmad b. 'Abd al-Ḥalīm ibn Taymīyah (Dār as-Sunnah Publisher)

20. *How to Escape Sins* by Shaykh ‘Abd ar-Razzāq b. ‘Abd al-Muḥsin al-‘Abbād (Ḥikmah Publications)
21. *A Treatise in Condemnation of the Hardness of the Heart* by Imām ‘Abd ar-Raḥmān b. Aḥmad ibn Rajab (Ḥikmah Publications)
22. *One Hundred Pieces of Advice* by Imām Moḥammad b. Abī Bakr al-Qayyim al-Jawzīyah (Authentic Statements)
23. *A Principle Concerning Patience & Gratitude* by Shaykhu-l-Islām Aḥmad b. ‘Abd al-Ḥalīm ibn Taymīyah (Ḥikmah Publications)
24. *The Keys to Happiness* by Imām Moḥammad b. Abī Bakr al-Qayyim al-Jawzīyah (Ḥikmah Publications)
25. *Verily in the Remembrance of Allāh do the hearts find rest* by Shaykh ‘Abd ar-Razzāq b. ‘Abd al-Muḥsin al-‘Abbād (Maktabul-Irshad Publications)

Epilogue

Reflecting on the Journey

As we draw this journey to a close, it is essential to revisit the core themes and insights that have been woven throughout the chapters of this book. This narrative has not just been about dealing with cancer, but about adopting a comprehensive strategy to health, where the physical, mental, and spiritual facets intertwine to create a robust defense against disease.

The journey began with an acknowledgment of the pervasive influence of the allopathic model, which often prioritizes symptomatic treatment over addressing root causes. We delved into the importance of understanding our body's signals and supporting its natural healing processes. This perspective aligns with the timeless wisdom found in Eastern, Western and Islamic traditions, emphasizing prevention and the body's intrinsic ability to heal when given the right environment and support.

The Broader Implications

The significance of these themes extends far beyond the individual. In a world increasingly dominated by quick fixes and pharmaceutical solutions, adopting a holistic mindset is revolutionary. It challenges the status quo, urging both the medical community and individuals to reconsider how we approach health and disease. This paradigm shift calls for a return to the fundamentals: nutritious food, emotional well-being, physical activity, and spiritual fulfillment.

On a broader scale, these principles can reshape healthcare policies, encourage preventive medicine, and foster a more health-conscious society. By integrating traditional wisdom with modern insights, we can create a more sustainable and compassionate approach to health care.

Inspiring Critical Thought

As we part ways, I urge you to reflect on the insights gained from this book. How can you integrate these principles into your daily life? How can you support your body, mind, and spirit to achieve optimal health? Remember, healing is not a destination but a continuous process. Appreciate the course, find joy in the small victories, and never lose sight of the bigger picture.

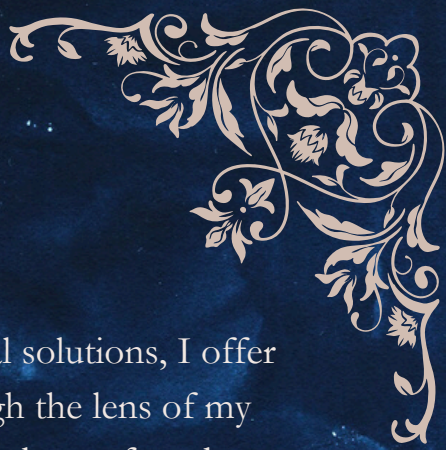
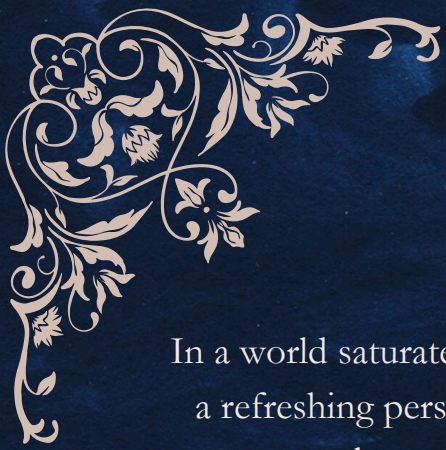
Consider these thought-provoking questions: How does your lifestyle impact your health? What changes can you make to create a healthier environment for yourself and your loved ones? How can you contribute to a shift towards holistic health in your community?

A Call to Action

In closing, let this book be a catalyst for change. Empower yourself with knowledge, take responsibility for your health, and inspire others to do the same. Let us move forward with a commitment to all-encompassing well-being, guided by the timeless wisdom of our faith and the insights gained from our collective experiences and common sense.

By adopting these principles, we can transform not only our lives but also the world around us, fostering a future where health and happiness are within everyone's reach.

May Allāh grant us the strength to overcome our challenges and bless us with good health and well-being. Āmīn.



In a world saturated with quick fixes and pharmaceutical solutions, I offer a refreshing perspective on health and disease. Through the lens of my personal experience and extensive research, I reveal the profound connection between the physical, mental, and spiritual facets of well-being.

Healing Beyond Cancer delves into the sophistications of the body's natural healing processes, drawing on the timeless wisdom of our ancestors. This booklet challenges the conventional allopathic model, emphasizing prevention and the body's intrinsic ability to heal when provided with the right environment and support.

My dedication shines through as I guide you on a journey of self-discovery and empowerment. I present practical strategies for achieving optimal health, highlighting the transformative power of nutritious food, emotional well-being, physical activity, and spiritual fulfillment.

Are you ready to redefine your approach to health? Explore the key insights and practical applications that can reshape your life and foster a healthier, more fulfilling existence. Unlock the secrets to holistic well-being and take the first step towards a brighter, healthier future.

ABOUT ME:

I am Jaouad Yakhlef, a seasoned health enthusiast and researcher with a deep commitment to natural healing methods. My personal experience with cancer and subsequent triumph through holistic health practices motivated me to share with you my insights.

